

Let's

ZUMBA!

with

X*Factor*

Xperience the Fun...Xpect Results!™

Frequently Asked Questions

Q: Do I need any previous dance experience?

A: You do not need any dance experience. The basics are taught to you. If you do happen to have previous dance experience, this is a good way to add new learned moves/styles to your experience.

Q: What kind of intensity should I expect?

A: Zumba is a High/Low impact class. Be prepared to sweat, learn moves and have fun!

Q: What should I wear?

A: Wear comfortable clothing. Basically "work out gear." Good comfortable sneakers are very helpful. The best ones for Zumba are ones that absorb shock.

Q: What should I bring?

A: Water! That is a major priority. Always keep yourself hydrated.
A towel! Bringing a towel really helps with removing excess sweat.
A friend! Get friends to come with you to Zumba class! This may give you that extra boost to stay motivated and fulfill your health goal.

Q: I can't get the steps! What should I do?

A: Practice, practice, practice! Sometimes an hour of class time just isn't enough to get all of the footwork. After repeating the movements, you will be a pro in no time.

Q: Do I need a partner?

A: Not at all. Everyone is learning the steps individually. This class has an aerobics class feel.

Q: Why was I added to the email list?

A: Students that register for our classes offered through the City of Alexandria, Arlington, and Fairfax are automatically added to our email list. This is to keep our students informed of the latest information. This includes class cancellations due to inclement weather, special events, and even free classes.

Q: Can I add myself to the email list? Can I unsubscribe?

A: Yes, you can add yourself to the email list by clicking on the “Contact Us” page and then the “Subscribe” or “Unsubscribe” link. These two links will take you to a page that automatically updates our database based on your choice. If you receive an error, please contact us at info@xfactor4fitness.com.